



# Employee News

News and Information for Muscatatuck SDC and Madison State Hospital Employees during the transition to community-based services.

December 2002

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## Future Issues

- Features & Training Updates
- Southeast Regional Planning Center Updates
- Your Questions & Answers with Secretary John Hamilton

## We Want Your Ideas

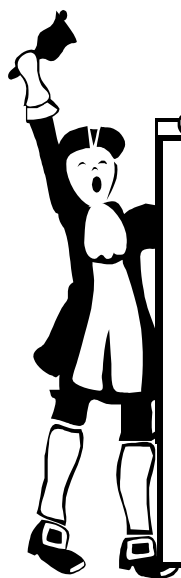
Responses to the Employee News survey were few. Four employees completed and returned surveys. One employee returned an uncompleted survey. The low response rate does not provide adequate input to paint a clear direction to the Southeast Regional Center Communication Workgroup responsible for the contents of the newsletter.

This is your newsletter. We want to provide information you find valuable as you plan your own transition - whatever that may be. Some of you will be transitioning into the Southeast Regional Center while others will be seeking employment outside of state service. Regardless of your situation, this is your chance to design your own newsletter and to request information you want.

Your input will continue to be welcome. You may contact us as follows:

MSDC/MSH Newsletter  
Family and Social Services Administration  
Office of Policy, Planning & Communication  
P.O. Box 7083 - Mail Stop 25  
Indianapolis, IN 46207-7083

Newsletter E-mail:  
OfficeOfTheSecretary@fssa.state.in.us  
Toll-free hot line: 1-800-903-9822  
24 hours a day - 7 days a week



## Coming Soon – Questions and Answers

Send your questions to  
Secretary Hamilton via  
the information hot line  
at  
1-800-903-9822

## Dealing With Debt

Are you drowning in a sea of debt? How do you know when you are in trouble? Are you borrowing from one card to pay another? Are you over your limit on one or more cards? Are you being hounded by those you owe? What can you do?

1. STOP using credit.
2. Make a list of your debts. Decide who and how much you owe and determine the monthly payment.
3. If you haven't made a budget, make one. Look at your income sources. Is there a way to make additional income? Where can you cut back?
4. Contact those you owe, ask to make special payment arrangements. Don't avoid their phone calls. Keep in contact.
5. Schedule a payment plan, one that you can keep. Be honest – with yourself and your creditors. If you can't make a scheduled payment call and explain why and how you intend to catch up.

### Don't be afraid to ask for help!

Contact:

Consumer Credit Counseling Service of Central Indiana at [www.cccsmidwest.org](http://www.cccsmidwest.org)

Family Help Line Community Services  
Counseling - Madison, Indiana  
[www.madisonindiana.org/familyhelpline/](http://www.madisonindiana.org/familyhelpline/)

To file a complaint about a business contact:

Consumer Protection Division  
Office of the State Attorney General  
Indiana Government Center  
402 W. Washington St.  
Indianapolis, IN 46204-2770  
317-232-6330 or 1-800-382-5516

or

National Consumers League  
[www.fraud.org](http://www.fraud.org)

## Making Positive Choices In The Midst Of Change



**The event + the choices you make = the outcome.**

A simplistic equation, but the truth is events don't make us do things.

Tornado alerts don't make us run to the basement. It's our **choice**. In fact, a meteorologist may choose to run outside to get a better look at the twister.

**Learn where to take control and where to let go.** Sometimes we try to exert our influence in situations in which we have no control. Other times we don't take a stand or make a choice when we have the ability to. You can be angry that it's raining (there's no controlling the weather) and angry that you're getting wet (your clothes are getting ruined!), or you can choose to use an umbrella. Take control and make choices where you can, let go where you can't and take control of you.

### Resist "Victim Thinking."

- A **victim** at sea in a storm proclaims his or her choice, "I'm going to drown."
- A **survivor** at sea in a storm says, "I don't know how, but somehow I'll survive." The Survivor has hope, but has left his or her fate in the hands of someone else.
- A **navigator** at sea in a storm says, "I'm not in charge of the sea or the storm. But I am in charge of my boat. I know what I need to do." A Navigator has hope and a plan, then makes a positive choice to carry out the plan.

(Continued on page 4)

**Governor's Commission on Home and  
Community-Based Services  
-Committees Highlighted-**

*3rd in a continuing series*

Seven task forces and two committees support the Governor's Commission on Home and Community-Based Services. The seven task forces and task force chairpersons were highlighted in the November 2002 issues of Family News and Employee News. A Consumer Advisory Committee and a Governor's Technical Advisory Committee were also established. These committees advise, facilitate and support the work of the Commission. The committee functions and chairpersons are summarized below.

**Consumer Advisory Committee  
Ed Bell, Chairperson**

- ◆ Provides support for focus group input ensuring that all stakeholder groups are represented,
- ◆ Develops a list of challenges and suggested solutions related to plans being addressed,
- ◆ Reviews and provides comments on all Task Force reports, and
- ◆ Serves as a resource to the Commission by reviewing the preliminary and final reports to Governor O'Bannon.

**Governor's Technical Advisory Group  
Katie Humphries, Chairperson**

- ◆ Assists with the development of agendas, materials and presentations for Commission meetings;
- ◆ Supports the work of the Commission;
- ◆ Facilitates Commission activities;
- ◆ Reviews and provides input to reports from the Commission and its Task Forces.

**Contact Information:**

William Johnson – Asst. Dir., DDARS  
1-800-545-7763  
317-232-1147  
[wjohnson@fssa.state.in.us](mailto:wjohnson@fssa.state.in.us)

Linda Church – Commission Contact  
[lchurch@fssa.state.in.us](mailto:lchurch@fssa.state.in.us)

[www.in.gov/fssa/community/](http://www.in.gov/fssa/community/)

**Keep In Mind**

MSDC/MSH Info Hot Line: **800-903-9822**

Div. of Disability, Aging & Rehab Services:  
**800-545-7763**

Ombudsman: **800-622-4484**

Div. of Mental Health & Addiction: **800-901-1133**

**DMHA Central Office  
Staff Changes**

After ten years with DMHA, Richard DeLiberty resigned as Assistant Deputy Director - Office of Transitional Services and Assistant Director - DMHA. Rich has joined Cummins Mental Health Center as Executive Vice President. His duties at Cummins will include overseeing facilities, transportation and risk management. He will also work in quality assurance, outcome management, and evidence-based program management. Tom Rich was named Acting Deputy Director effective December 2nd.

Janet Corson is taking early retirement as the Director of DMHA effective January 10, 2003. Janet began with the State ten years ago as Assistant Deputy Director of Public Policy. She became the Acting Director of the Division in January 1998 and Director in July of 1998. Retirement for Janet will not mean inactivity. She plans to volunteer at her daughter's school, spend time in Michigan, and exercise more often.

Secretary John Hamilton expects to name a new Division Director soon. Candidates for Deputy Director will be considered once a Division Director has been selected.

**Governor's Commission Offers  
Mini-Grants**  
*For Funding directed toward  
alternatives to institutions for Hoosiers  
with limited options*

The Indiana Family and Social Services Administration and the Governor's Commission on Home and Community-Based Services announce the availability of funding for improving the quality and increasing the quantity of community service options. For Hoosiers who are institutionalized or at risk of being institutionalized, the distribution of these grants is aimed at helping consumers with limited options live as independently as possible in their homes and communities.

The mini-grants are supported by the Real Systems Change Grant, funded by the Centers for Medicare and Medicaid Services (CMS). Rather than distribute larger grants to a few communities, the Commission will geographically distribute a greater number of smaller grants, up to \$40,000 each, throughout the state. The grants will be awarded on the basis of whether or not community proposals encourage innovation in the areas of community living arrangements, housing, transportation, supported employment, and caregiver support.

Only grants that foster collaboration among community partnerships will be considered, as the focus is on maximizing the available funds by working with matching and other funding sources in local communities. In fact, all grantees must provide a 10 percent match from a non-federal source, preferably from a community partnership or foundation.

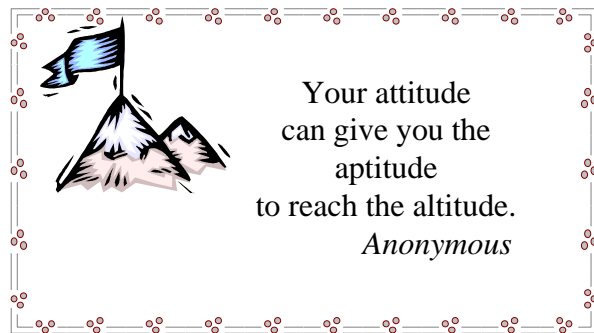
"FSSA is committed to working closely with the Governor's Commission to provide quality services to our most fragile Hoosiers – the people with mental illness or developmental disabilities, and the elderly — in the least restrictive settings possible," said FSSA Secretary John Hamilton. "The community partnerships formed by these grants will help build a foundation for statewide alternatives to

institutional services, helping many families to see their loved ones fully participate in the community while receiving quality care," he said.

For more information or mini-grant application materials, please visit the Commission's home page at <http://www.in.gov/fssa/community>. Grant applications are due to FSSA on or before 5:00 p.m. Wednesday, January 15, 2003 for this first round of grants. The second round of grant applications is due Tuesday, April 15, 2003.

For more information contact:

Laura Butler at 317-232-7842



*(Continued from page 2)*

**Positive Thinking will steer you in the right direction.** Positive self-talk is a great way to sort through feelings and make honest statements to yourself about the change you are going through. It can also help you break through disabling negativity and doubt to help you gain some control of the change you're going through.

By using the simple equation above when faced with change, you'll be in control and well on your way to navigating to calmer waters.

If you need help dealing with change in your life, your Magellan program can help. Counselors are available 24 hours a day, seven days a week to provide confidential assistance to you.

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[www.magellanassist.com](http://www.magellanassist.com)  
1-800-223-7723